WHY LEAFY VEGETABLES?

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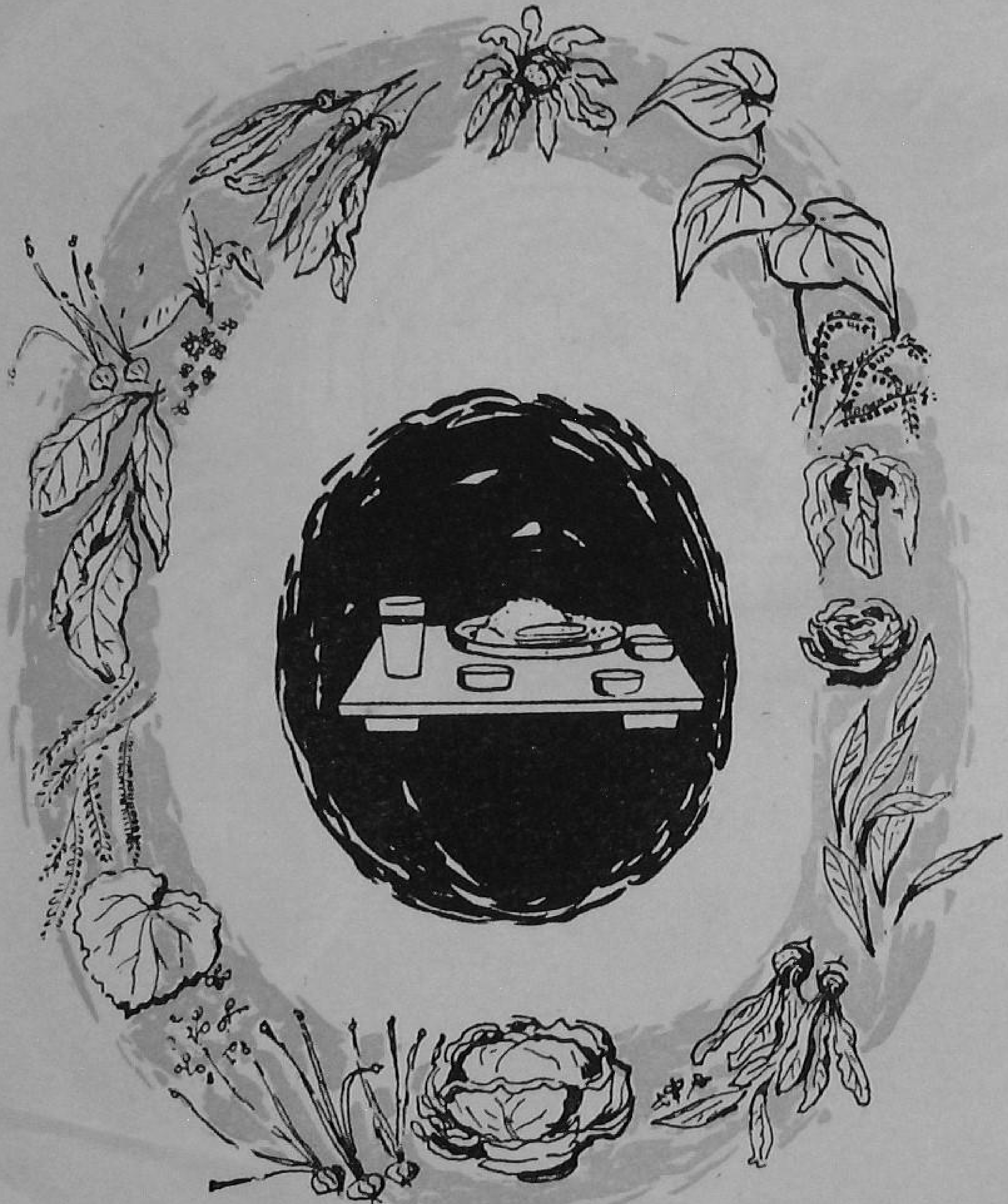
Home Science Series No. 4

Why Leafy Vegetables ?

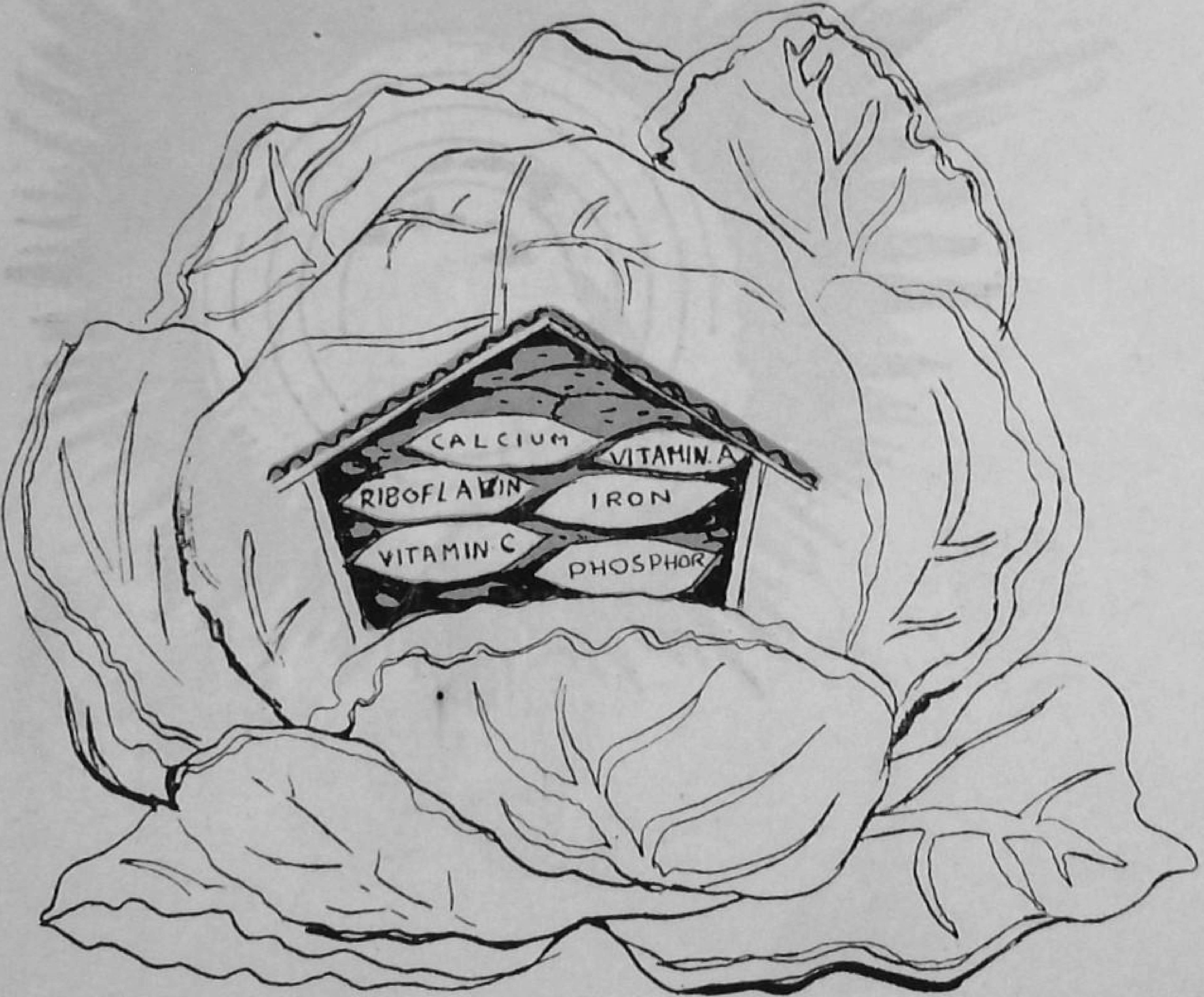
By

Dr. (Mrs.) Rajammal P. Devadas



Include leafy vegetables in the daily diet.

Leafy vegetables —Mother Nature's big gift to all of us.



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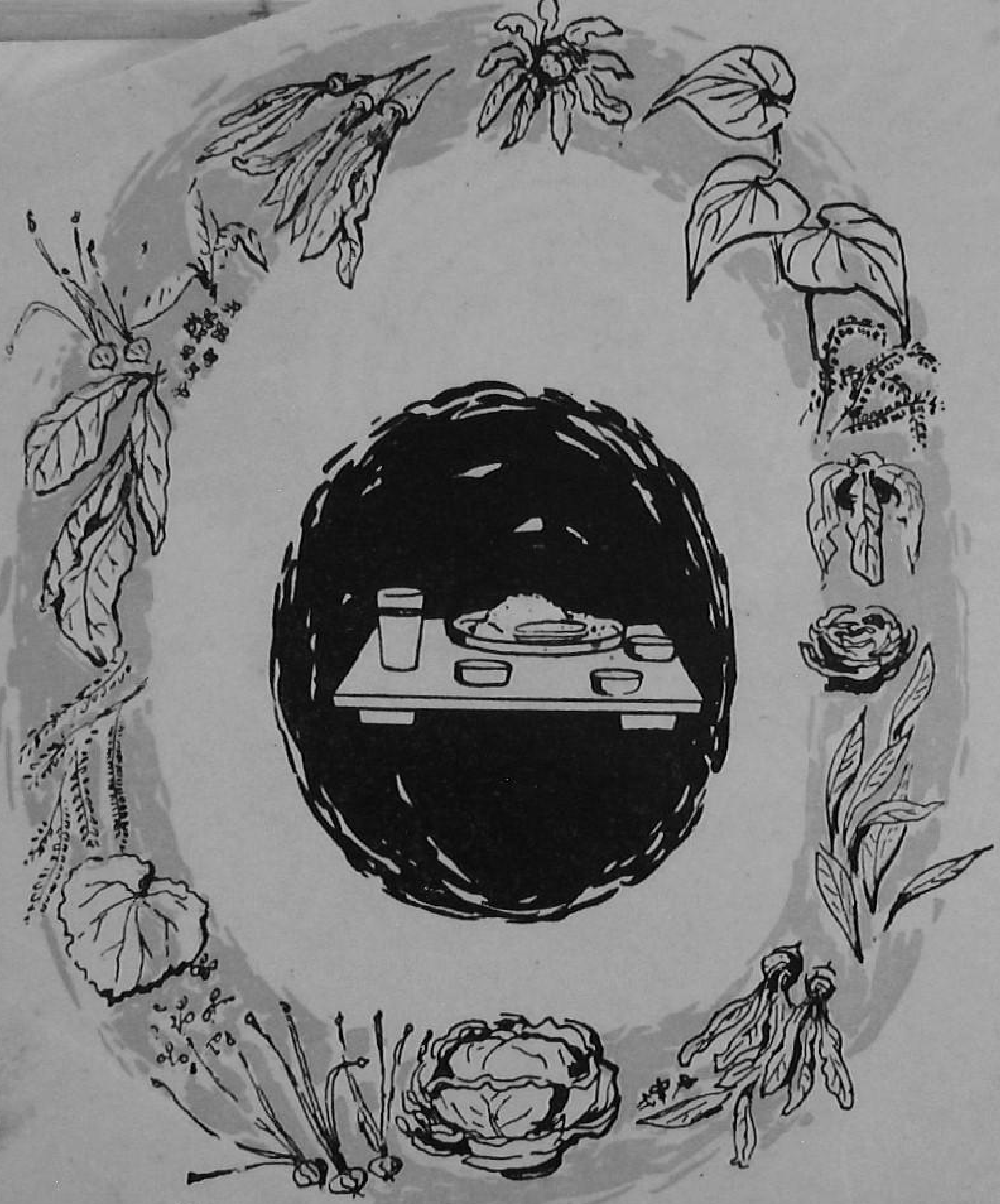

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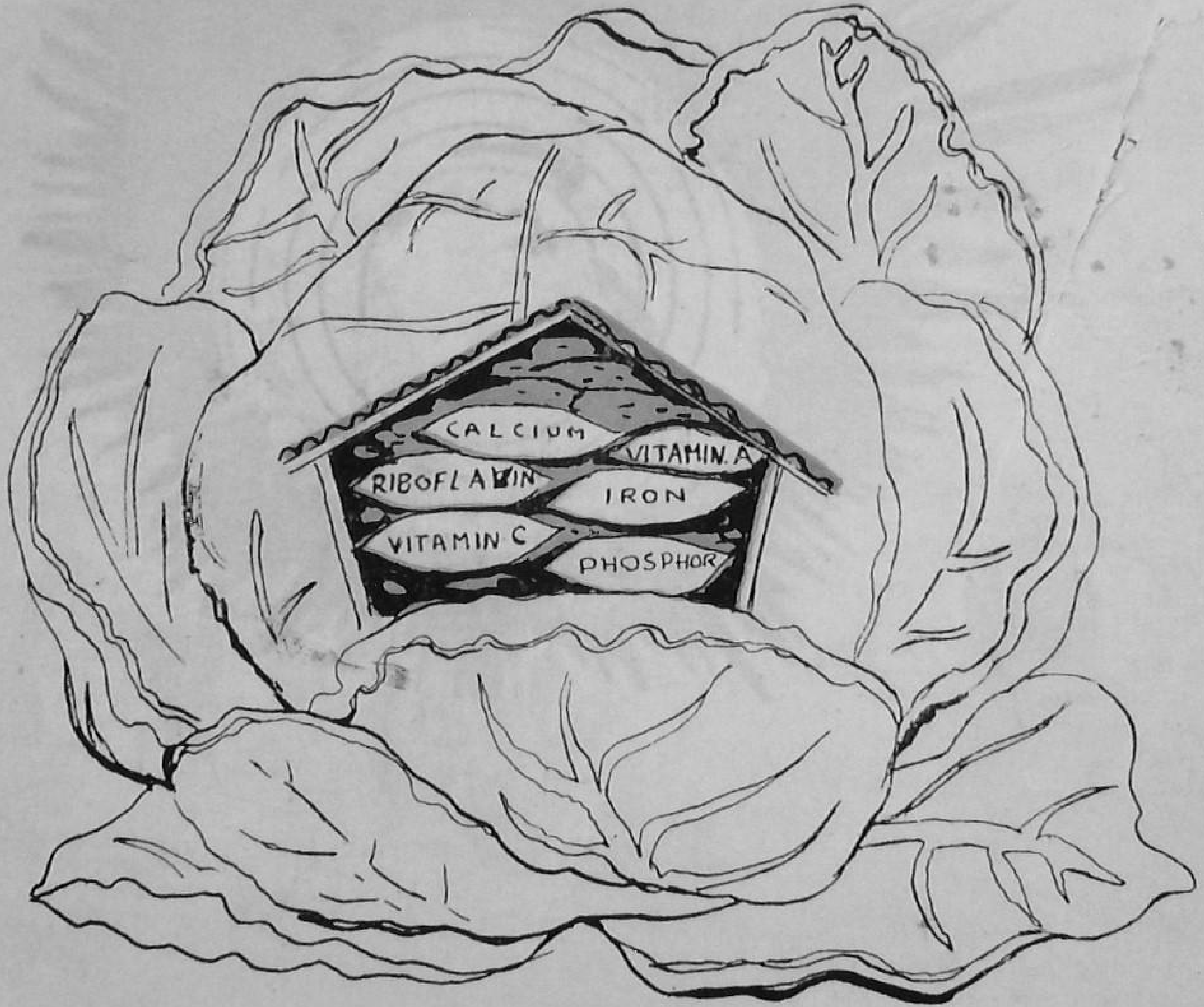


Leafy vegetables are
a rich store-house of
many food factors.

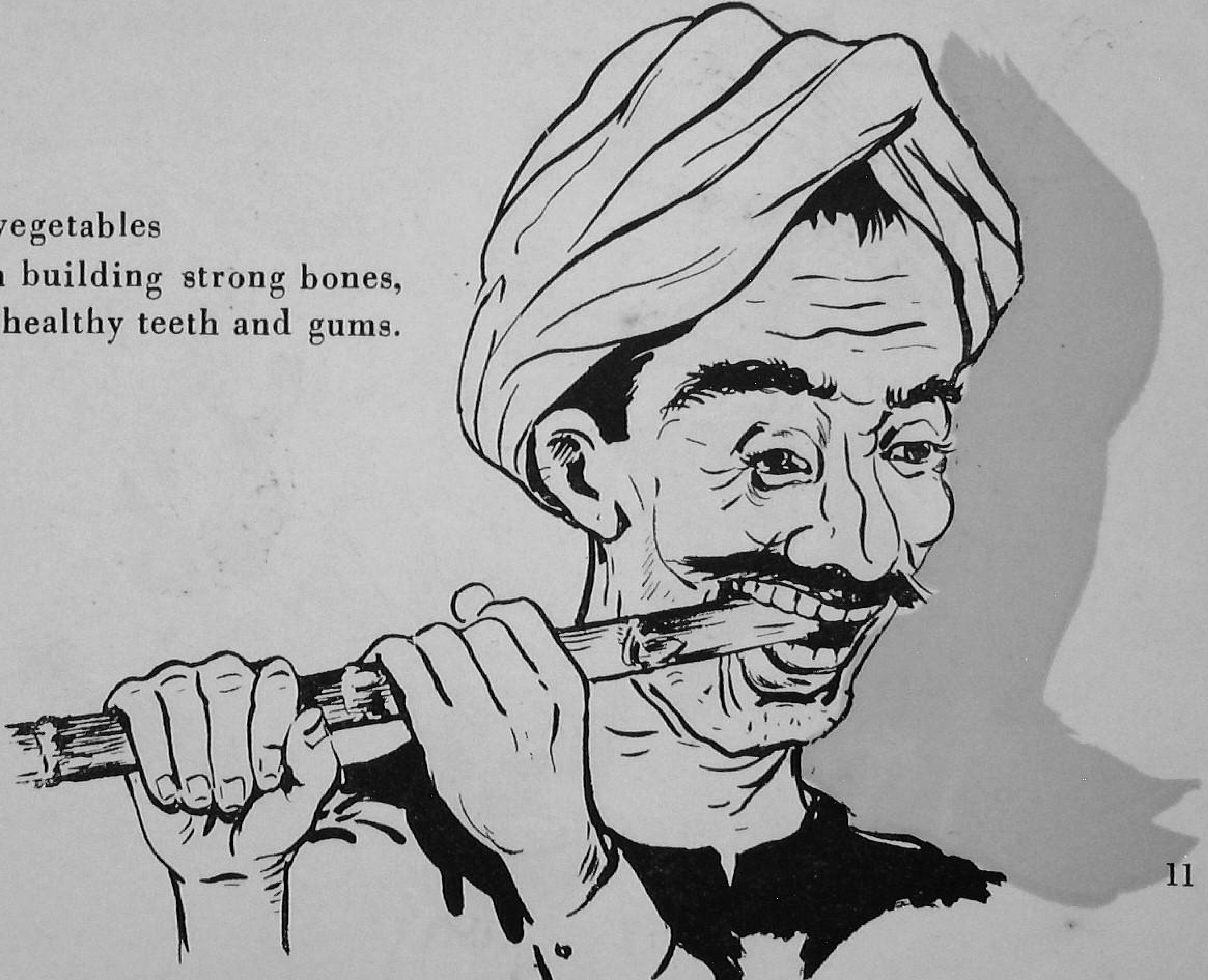
Leafy vegetables protect our eyes
and give us good eyesight.

Leafy vegetables supply materials for good digestion and give us healthy skin and beautiful complexion.

Leafy vegetables help children grow and develop.

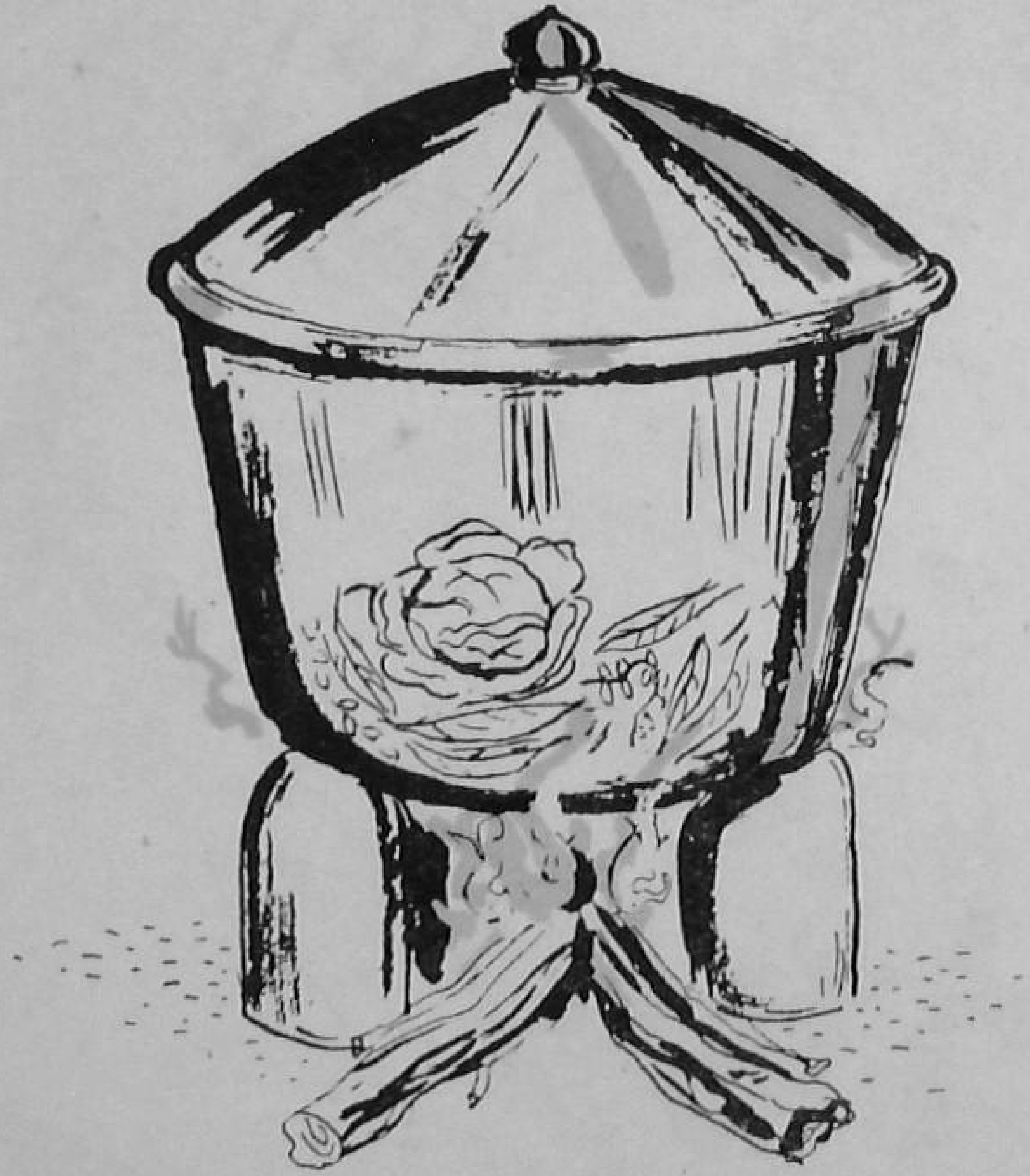
Leafy vegetables make
the children alert
and smart.

Leafy vegetables
help in building strong bones,
healthy teeth and gums.



Leafy vegetables
help us
resist diseases.

So, grow as
much leafy vegetables
as you can
throughout the year.

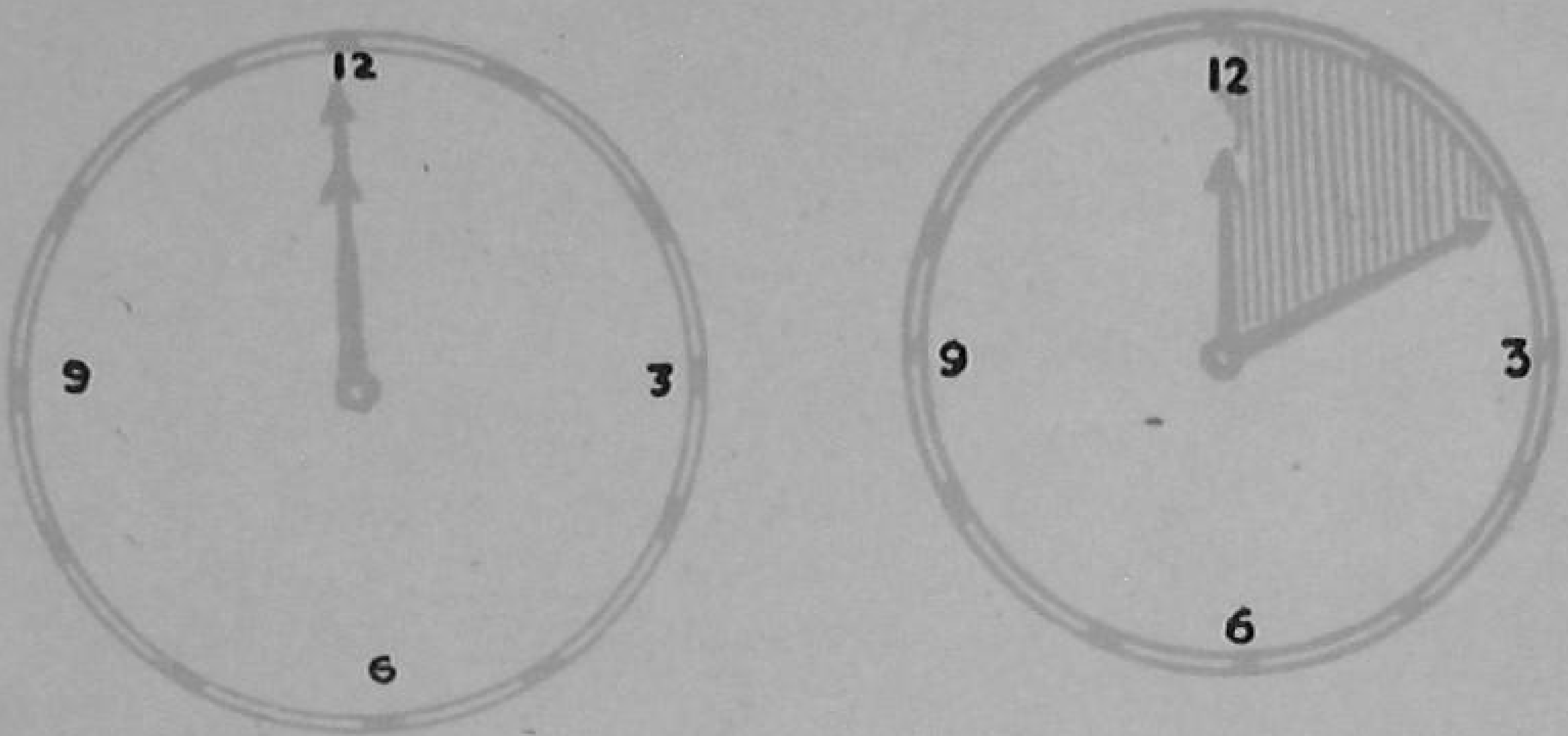


And—

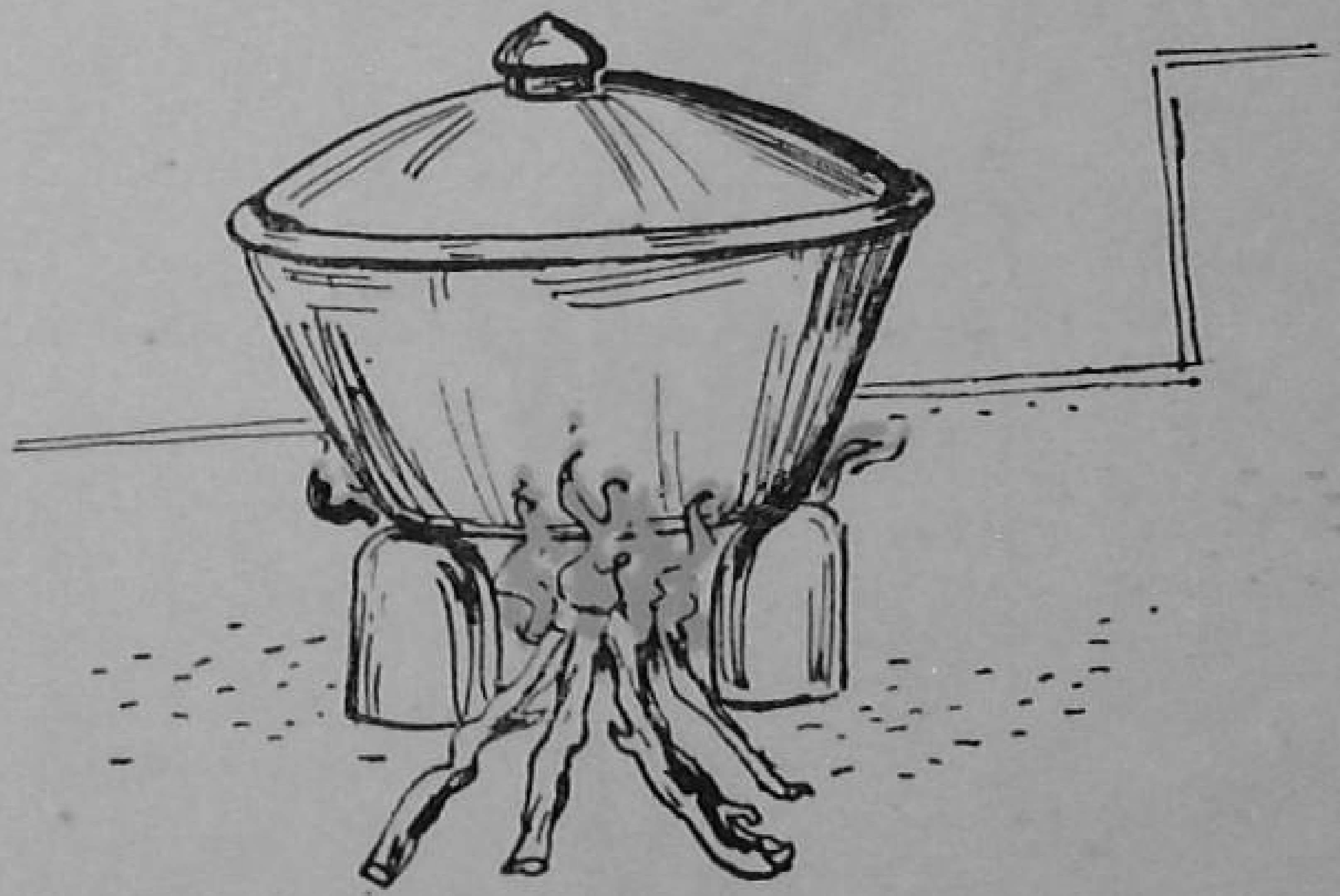
Cook the leafy vegetables carefully
to preserve
all the food factors.

Avoid excess of water
for cooking—because,
the excess water will remove
the nutrients.

Do not throw out the water
in which the vegetables
have been cooked,
since it is rich in nutrients.
Use it in *dals* or soups.

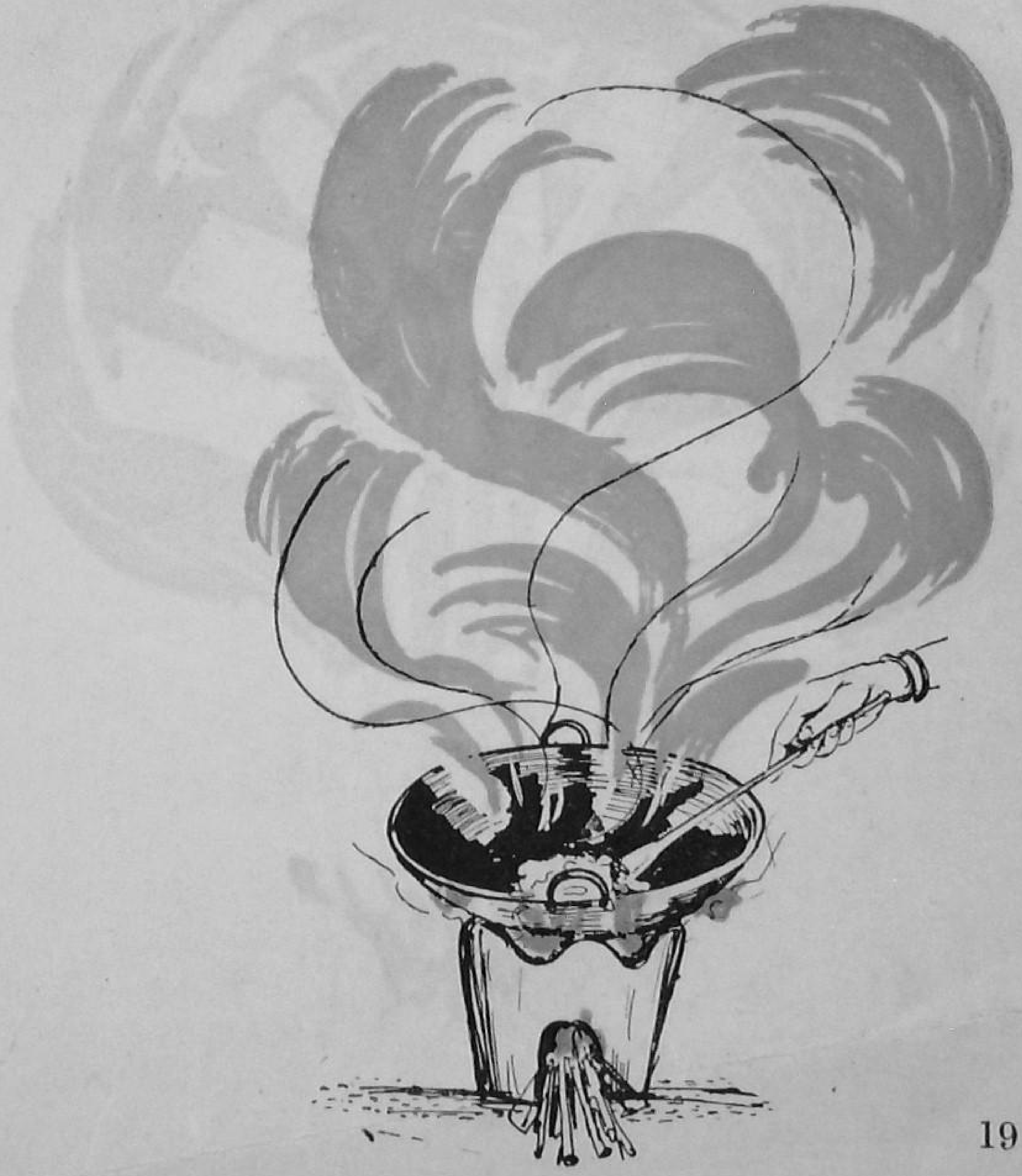


Cook leafy vegetables
for a short time. Too much boiling
destroys many food factors.



Cook them covered. If left uncovered, air will destroy the food factors.

Avoid deep frying of leafy vegetables. If you do, all the food values will be lost.



Do not add too much of *masalas*.
For, if you do, leafy
vegetables will lose their
rich green colour, taste
and usefulness.

Serve them immediately
after cooking.

Serve only that much
which can be eaten
without waste.

Eat at least one
leafy vegetable every day
for your health.

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DIRECTORATE OF EXTENSION
MINISTRY OF FOOD AND AGRICULTURE
NEW DELHI

Printed at the Zodiac Press, Delhi-6 (India)